

# CARING ADVOCATES

January 2015 Newsletter

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ADVOCATES

## PLAN NOW, DIE LATER® TO LIVE LONGER!

### In the News:

January 19, 2015; *New York Times*:

**Complexities of Choosing an End Game for Dementia.** Paula Span wrote this about Caring Advocates' approach to Advance Care Planning:

Dementia, though a terminal diagnosis, presents unique obstacles for those who want some control over the way they die. It generally kills slowly, over years, and "there is often no plug to pull," said Dr. Stanley Terman, a psychiatrist in Carlsbad, Calif., who specializes in end-of-life decision-making and estimates that several hundred people have requested copies of his **Natural Dying—Living Will**. "There's no high-tech, life-sustaining treatment that can be withdrawn or withheld."

*Comment:* Although the article admitted complexity, it did not distinguish between **withdrawing** help with hand-feeding/drinking and **withholding** food and fluid—about which Dr. Terman is writing now. "It makes a tremendous difference in terms of what others will consider legal and moral. Moreover, patients need to have confidence in an Advance Care Plan so they don't decide to die prematurely."

### Recent presentations:

If you were left out, put on a waiting list in Encinitas or Rancho Santa Fe, or just want to review, videos of these and other presentations are now available at: [www.caringadvocates.org/resources.php](http://www.caringadvocates.org/resources.php).

### Recommended movie:

"**Still Alice**"—for which Julianne Moore won a Golden Globe award for best actress—dramatizes the failure of "do-it-yourself" Advance Care Planning. Yet millions want to know the answer to this question: "**How can I avoid prolonged dying in Advanced Dementia?**" Caring Advocates has several strategies designed to overcome the "No Plug To Pull" challenge and other potential obstacles. We have routinely seen **Natural Dying** allow patients to die peacefully of their underlying disease in a way that others may consider legal, ethical, and moral consistent with their religions. More at: [www.CaringAdvocates.org](http://www.CaringAdvocates.org).

### Upcoming Events\*

February 18, Wednesday \* 9:00 to 9:30 AM  
San Diego Dementia Consortium, 900 Canterbury Place, Escondido. (For members and their guests.)  
**How to introduce the Consensus of Substituted Judgment method to relatives of incapacitated patients so these relatives can make difficult end-of-life decisions with more accuracy and less stress.**

February 25, Wednesday \* 1:00 to 3:00 PM  
La Jolla/Riford Public Library, 7555 Draper Avenue  
**The Best Way to Say Goodbye... if someday, you will live with Advanced Dementia or unbearable pain.**  
FREE presentation, open to the public.

March 4, Wednesday \* 8:30 to 12:30 PM  
San Diego Dementia Consortium  
Vista Gardens, 863 Devon Place, Vista  
**Avoid Confusion: Planning with the End in Mind.**  
Chris Knutson, Dr. Stanley Terman and Diane Beach.  
Register at [www.sddementiaconsortium.org/event-calendar](http://www.sddementiaconsortium.org/event-calendar)

March 5, Thursday \* 8:15 to 10:00 AM  
San Diego Council on Aging  
Vibra Hospital, 555 Washington Street, 92013 cafeteria (level P2) (For members and their guests)  
**Natural Dying: A needed end-of-life option for Advanced Dementia. How a Living Will can guide WHEN to implement Natural Dying.**

May 13, Wednesday \* 10:30 to 12:30 PM  
Poway Public Library, 13137 County Highway S4  
**The Best Way to Say Goodbye... if someday, you will live with Advanced Dementia or unbearable pain.**  
FREE presentation, open to the public.

\* Register at [www.CaringAdvocates.org](http://www.CaringAdvocates.org) or call 760 431 2233 (unless otherwise stated).  
Check [www.CaringAdvocates.org](http://www.CaringAdvocates.org) regularly for additional events.

*Plan Now, Die Later®  
Plan Now, Live Longer  
Plan Now, Live Well  
Don't Wait, Plan Now!*

**Thank You!**

We extend a "Special Thank You" to the staff of the **Rancho Santa Fe Senior Center** for their generous efforts to host—with valet parking—an overflow crowd in January.